FAMILY LIFE
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Vol. XV, No. 3 MARCH, 1955 Edited by Paul Popenoe

The Challenge of Being a Woman

There is much statistical evidence that American women today are unhappy, say Helen Sherman and Marjorie Coe. "There are our high divorce rate and the many separations, one-fifth of all American children being members of fatherless homes. There is our high delinquency rate, a symptom not of underprivileged living and slums, as we used to think, but rather of unhappy homes, often in the better sections of town. There are the increased incidence of alcoholism, suicide, and mental breakdown, over half of our hospital beds being filled with emotionally sick people; the excessive use of aspirin and sleeping pills, and the growing amount of psychosomatic illness."

Moreover, unhappy mothers are likely to bring up unhappy children, with the result of "less ability on the part of the next generation to solve their own problems and do their share toward solving the problems of the world." They offer a little Happiness Quiz to enable women to decide whether they are putting into, and getting out of, life as much as they should. It is here condensed and adapted:

1. Are you glad that you are a woman? 0 1 2

2. Do you wake up in the morning with pleasant anticipation of the day's activities, feeling that life is good? 0 1 2

3. Do you feel pleasantly busy, neither tense from having too much to do nor bored from having too little to do? 0 1 2

4. Do you have interests other than your regular work? 0 1 2

5. Are new ideas stimulating to you, and do you find pleasure in using your brain? 0 1 2

6. Do you have realistic goals toward which you are making progress, functioning near the level of your ability? 0 1 2

7. Are you reasonably free of a sense of guilt, feeling that you usually do pretty well what you should when you should? 0 1 2

8. Do you understand and appreciate men, especially your husband? 0 1 2

9. Is your attitude toward sex a sound one, and if you are married, do sex relations with your husband contribute to your happiness? 0 1 2

10. Do you feel allegiance to a cause or ideal greater than yourself? 0 1 2

A woman can score herself by letting No be equivalent to zero, crediting herself with 1 if she answers "sometimes," and 2 if she can say flatly Yes. A normal score should be above 15 and a score of 12 or less indicates, the authors think, that your mode of life is probably due for

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some overhauling. They give detailed suggestions for this purpose in their book, *The challenge of being a woman* (Pp. 303, price $3.95 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955).

There are at last five distinguishable types of women, they assert.

1. The fighter, probably born with considerable energy but disciplined in unfair ways, or rejected. These may accomplish much good in the world; "but why not plan each day to do something gentle and kind—to be kinder than is necessary sometimes—keeping your voice and manner pleasant, asking yourself what is really important in your life?"

2. The prima donna, undoubtedly loved and admired as a child, successful and admired later in life, but never helped to attain emotional maturity. "Try to face the fact that no one should expect to be successful all the time, and be glad that others can do certain things better than you. By remembering to use your God-given talents to help others rather than for self-aggrandizement, and by profiting from any criticism that you receive, you can acquire the humility and understanding that your parents failed to help you gain."

3. The sweetness-and-light type, probably born with considerable attractiveness but not much energy. You gloss over difficulties, give in easily, can't face criticism. "Why not toughen yourself and resolutely do the things that you should?"

4. The "discouraged, I'm no good" type, probably born without much energy, to parents who had been made so anxious and critical by life that they failed to give your latent abilities a chance to develop. If you have such an inferiority complex, "work to be less self-centered, to seek out sources of strength and pleasure, and to take on new tasks even though you temporarily suffer from agonizing stage fright."

5. The happy, courageous, creative, loving woman,—a wanted baby. "Your parents were enthusiastic, skilled, and emotionally adult. As a child you were helped when you needed help and disciplined with firmness, consistency, and friendliness when you needed discipline. There were love and fun in your home and a feeling of responsibility for one another and for the community. Disappointments, minor ailments, and failures were accepted as part of life, and major emphasis was put on the good things."

If you will think over this picture, say Mrs. Sherman (leader in family life groups in some Michigan schools) and Mrs. Coe (active in youth organizations and adult education), "you will realize that happiness doesn't depend on having the best or the most of anything — the best husband or children or friends or health or the most ability or brains or money. Rather, happiness seems to depend on your (1) being worthy of your own and others' respect, (2) loving and being loved and feeling a sense of belonging, (3) having satisfying interests and activities, and (4) facing life with positive attitudes. That is, happiness depends on your liking yourself, others, and life." They go on to discuss ways in which a woman can attain this objective, giving the larger part of their chapters to the management of children in the home, but not overlooking the management of a

husband. Unlike the authors of some books in this field, these two have husbands and children of their own; and unlike some other authors, they write for the average woman, not the rare one who can attain a "career" and leave her husband and children to the care of expensive servants. Their simple, sensible book should be of great value to women, to men, and to counselors.

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Notes From the AIFR

AT ITS TWENTY-FIFTH annual meeting on Feb. 14, the Institute's trustees reelected the incumbent officers: Edwin O. Palmer, M.D., president; William H. Wadsworth, vice-president; Paul Popenoe, Sc.D., secretary-treasurer.

EIGHTH ANNUAL summer workshop in the techniques of counseling will be held at the Institute's office in Los Angeles during the two week period beginning Aug. 1. This offers a broad training for the clergyman, social worker, probation officer, executive of a youth organization, or educator who must deal in any way with personal problems. It provides an unrivaled refresher course for counselors who want to learn the techniques that have been developed at this Institute during a quarter of a century. It also furnishes college and high school teachers of family life with unique first-hand information. Fee for the two-week period is $50 and enrollment is limited to 60.

JOHN B. STETSON UNIVERSITY, Deland, Fla., offers a one-week Institute in family life education, beginning June 20, and led by Paul Popenoe and Roy E. Dickerson. For information write to the director of the summer session there.

SCHOOL OF SOCIAL WORK in the Milwaukee Extension Division of the University of Wisconsin will also offer an Institute led by Popenoe and Dickerson, during the week of June 27. Full details may be had from the chairman, Willard M. Downing, 623 W. State st., Milwaukee 3, Wis.

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Educational Notes

MORE HUMILITY among parent educators is badly needed, according to psychiatrist Hilde Bruch of Columbia University. She warns that there is danger of the whole parent-education movement becoming "discredited and repudiated as harmful" because of "basic errors" in it at the present time. So-called experts must give up the illusion of omnipotence and show "honest respect and sympathy" for their pupils; and she is not sure that they now have the "courage and honesty" to examine their own limited though important position in the whole picture. —*American Journal of Orthopsychiatry*, Oct., 1954.

SOME MIXED MARRIAGES, in which Roman Catholic men marry girls outside their own church, may be due to unwise education of the girls in Catholic schools, says physician-educator Herbert Ratner, an expert on family life and on the Cana movement. Speaking to priests and physicians he warned, "We are so worried about sins that we have robbed young girls of warm, wholesome, boy-girl relationships." The boys therefore begin to date non-Catholic girls who are not afraid of them, and end by marrying these girls.

FIFTH ANNUAL marriage and family life study tour, through parts of Europe and the Near East, will be June 20-July 29. Details from the leaders, Dr. and Mrs. M. F. Nimkoff, Florida State University, Tallahassee.

Inexpensive Pamphlets

MARRIAGE COUNSELLING for pastors and youth leaders. Pp. 8, mimeographed, price 25c from Herb Seal, National Director, Youth Gospel Teams, Inc., P.O. Box 123, San Francisco, Calif.

PREMARITAL HEALTH EXAMINATION LEGISLATION, pp. 114, price 40c from Supt. of Docs., U.S. Govt. Printing Office, Washington 25, D.C.—Analysis and compilation of state and territorial laws in the 40 states, plus Hawaii and Puerto Rica, that now have such legislation in force.

ALL ABOUT YOU, by William C. MENNINGER. Pp. 36, price 50c from Science Research Associates, 57 W. Grand ave., Chicago 10, Ill. — Junior Life Adjustment Booklet discussing in what ways children differ or are alike, in make-up and behavior.

YOUR PREMATURE BABY, pp. 16, price 10c from the U.S. Govt. Printing Office, Washington.

THE ADOLESCENT IN YOUR FAMILY, pp. 110, price 25c from U.S. Govt. Printing Office. — Comprehensive pamphlet written by Mrs. Marion L. Faegre.

SCRAPBOOK OF THOUGHTS, ANECDOTES, AND "A FATHER'S PRAYER," compiled by Shirley Lauritzen. Pp. 64, price $1 from Wetzel Pub. Co., 524 S. Spring st., Los Angeles 13, Calif.—Mrs. Lauritzen has brought together several hundred aphorisms, illustrative stories, and philosophical reflections together with a prayer by Gen. Douglas MacArthur. The collection offers something of value to anyone who dips into it but should be particularly helpful to speakers and writers.

YOUR CHILD: THE FIRST SIX YEARS, 23 pp., free on request to College of Agriculture Extension Service, University of Illinois, Urbana, Ill.

THE YOUTH YOU SUPERVISE, a pamphlet intended primarily to help employers understand the strengths and weaknesses of youngsters who work for them, but of value to many others; free copy on request to Bureau of Labor Standards, U.S. Dept. of Labor, Washington 25, D.C.

CHILDREN AND TELEVISION — some opinions, pp. 16, price $1 from Natl. Assn. for Better Radio and Television, 882 Victoria ave., Los Angeles 5, Calif.

THE MEASUREMENT OF MARRIAGE ADJUSTMENT, by Robert M. Frumkin. Pp. 13, price $1 from Public Affairs Press, 2153 Florida ave., Washington 8, D.C., 1954.—Technical discussion (apparently a thesis from Ohio State University) on rating scales, with conclusion that an indirect approach to the measurement will probably be most satisfactory.

EMOTIONS AND PHYSICAL HEALTH, pp. 10, free on request to Metropolitan Life Insurance Co., 1 Madison ave., New York, N.Y.

THE ADOLESCENT EXCEPTIONAL CHILD: a realistic approach to treatment and training. Proceedings of the 1954 Spring Conference, 80 pp., free to those professionally concerned, on request to Child Research Clinic, The Woods Schools, Langhorne, Pa.

SCHOOLS FACE THE DELINQUENCY PROBLEM, by Arthur S. Hill, Leonard M. Miller, and Hazel F. Gabbard, pp. 40, price 30c from Nat'l. Association of Secondary-School Principals, 1201 16th st., NW., Washington 6, D.C.

TWO REPRINTS of the articles published in *Family Life* by Mrs. Alma H. Jones, assistant director of the department of education, are also available at 10c each. No. 236 is "Keeping peace in the family" and No. 237 is "Activities of senior citizens."

TRIANGLES AND INFATUATIONS

by MRS. ARNOLD A. ANGELL

I. After counseling hundreds of cases of triangles and infatuations, counselors at the American Institute of Family Relations have come to the following conclusions:

A. That they are often not sex problems, though sex attitudes play a part.

B. It is a mistake to assume that it is all the fault of the erring spouse; much of the responsibility rests with the so-called "injured party."

C. With infatuations or triangles, three factors may be present:

1. ascending—in which the beloved has a better education or higher social position in life;
2. on the level—in which both parties have about equal backgrounds;
3. descending—usually a compensatory mechanism, illustrated by the man who becomes infatuated with a girl of obviously lesser advantages, in order to bolster up his ego; or by the educated girl who marries a day laborer in order to punish someone, like a harsh parent. A woman usually becomes infatuated with someone superior to herself, because she is in need of security.

II. During the first interview:

A. Client is given opportunity to ventilate hurt feelings.

B. A chance to tell story to sympathetic person who will help to find a solution; client must be helped to feel there *is* a solution, overcoming attitudes of hopelessness.

C. Client should go away feeling he has acquired at least one idea for help during the coming week.

III. After client has worked out hurt feelings, counselor will help him to see his own responsibility in the matter. To clarify, have him ask himself these questions:

A. Have I been a cooperating wife or husband or a combating one?

B. Have I studied my partner's personality needs, and tried to help him meet them? Have I helped him realize his own potentialities as an individual, helped to bolster up his ego?

C. Did I enter marriage with infantile attitudes, and have I resolved them? Under this heading, discuss marriage as an adult relationship:

1. Am I able to accept criticism without retaliation or bursting into tears?
2. Do I understand the differences between male and female psychology, or do I expect my spouse to react to situations just as I do?
3. Do I fear responsibility and try to avoid it?
4. Do I have faulty sex concepts? Discuss under this:
   a. prudish and moralistic attitudes
   b. "too tired tonight" excuse for escaping sex relationships
   c. childish attitudes and primitive thinking
   d. lack of joyousness and gaiety in everyday living
   e. talking over with partner individual sex needs
   f. understanding of various sex techniques
   g. personal cleanliness

D. Have I made an effort to create mutual interests as well as leaving other person time for privacy and the expression of a hobby?

E. Do I praise my partner and show ap-

preciation for little things he or she does for me, or do I take him or her for granted—leading to the "bogged down" kind of marriage?

IV. Early in the counseling, talk over what complaints the spouse has regarding the client, analyze these for evidence of twisting truth or for attitudes of projection, on basis of what client has learned from above discussion.

Go over family background on both sides. This will lead to better understanding of attitudes and behavior. Are there any severe relative or mother-in-law problems to be solved? Is the spouse unconsciously escaping from the domination of a harsh parent or marriage partner?

In dealing with triangle problem, counselor proceeds with:

A. Clarification of problem — causes of difficulty.

B. Information — study mechanisms of behavior.

C. Remotivation—new desire for reorganization.

V. Counselor's recommendations:

A. Learn and then apply lessons in self-discipline; when partner reacts unpleasantly, study the preceding situations, analyze what "triggered" the argument and avoid this subject in future.

B. Stay away from "other woman" or "other man"; seldom helps to appeal to their chivalry—they haven't any!

C. Forego nagging; when necessary to have his or her help with something, offer two courses of action for choice.

D. Learn to vocalize love for partner. Women, especially, want to be "told."

E. Learn patience — nothing is solved by flying off to the divorce courts. Remember, it is often hard, especially for a man, to admit he has been wrong. By now, he probably wants to get back to his wife and family, but doesn't know how to make the break, without injury to his ego. Also he can't bear to return to the original problem. Help him make this decision by admitting the part you played in the trouble.

(Abstract of remarks at seminar on counseling, Nov. 9, 1954.)

Research Notes

SEX was found to be the greatest source of maladjustment in married college students in Oregon, surveyed by sociologist Theodore B. Johannis, jr. On the whole, the level of satisfaction was very high; but one in three husbands reported the wife as not sufficiently responsive; one in four wives thought the husband too passionate. Next to sex education these husbands and wives thought the most important information needed in pre-marital education is emphasis on the fact that marriage is a co-operative venture, with need (expressed particularly by wives) that husbands understand and respect the spouse. One third of each sex had felt the need for consulting a marriage counselor, during the few years they had been married. (*The Co-ordinator,* bulletin of the Oregon Coordinating Council on Social Hygiene and Family Life, Jan., 1955.)

UP UNTIL THE LAST WAR, sociologists had noted a change in the form of American families in cities. Urban families seemed to be developing a form peculiarly suited to urban life which was called the "companionship family." The war interrupted this trend. E. G. Jaco and Ivan Belknap at the University of Texas conducted a study to see if the trend was resumed after the war. They discovered

that it was not, at least not in the rapidly growing "urban fringe" of American cities. There the "companionship family" seems to have disappeared. Instead the more traditional American family form predominates, retaining the functions associated for many generations with American family life. (*American Sociological Review,* June, 1953.)

CONTRARY to popular opinion, a study at Columbia Teachers College indicates that within the age range of adults that were observed, there is no evidence that social and political attitudes become more conservative with advancing years. (*Journal of Abnormal Psychology,* December, 1953.)

IN STUDYING BARRIERS to communication between men at Harvard, F. J. Roethlisberger came to the conclusion that "the biggest block to personal communication is man's inability to listen intelligently, understandingly, and skillfully to another person." (*Etc., Review of General Semantics,* September, 1952.)

IN A SMALL TOWN 20% of the housewives were given a slogan to test spread of information. In two days, 82% of the housewives in town had heard the slogan. In another test with seventh graders, the rate of spread of information was found to increase rapidly as time passed. (*American Sociological Review,* 18, 1953.)

DWIGHT CHAPMAN, in discussing some of the psychological aspects of civil defense, stresses the value of pre-disaster training and the necessity to continue frequent communication during an attack to reduce fear due to lack of knowledge of what is happening. (*Bulletin of the Atomic Scientists,* 9, 1953.)

TWO HUNDRED AND SEVEN ten-year-olds who had been the subjects of complaints of police were followed up two years later. Only 43 had been in trouble since their first offense. The factors associated with getting into trouble a second time were: (1) having two or more brothers; (2) living in an apartment or rooming house; and (3) having a reputation as "Peck's Bad Boy." (*Journal of Consulting Psychology,* 17, 1953.)

A STUDY of the standards of parents and their daughters indicates that girls of college age conform more to the standards of their parents than to the standards of their college crowd in such activities as dating, mate selection, girl friends, vocational choice, religion, earning and spending money, drinking, smoking, visiting relatives, household duties and choice of college. (*Marriage and Family Living,* 15, 1953.)

THE BEST THERAPY for sexual deviation would probably be improvement of family life, according to conclusions by A. R. Mangus, based on the California sex deviation study. He points out the wide disparities between the conduct which parents tell children is right or wrong and the actual conduct which is accepted as long as it remains secret. Thus many sex offenders are not at all pathological. The psychopathic sex offender acts without regard for consequences. Persistent sexual deviation seems to stem from inappropriate social learning, and thus family training is basic in sexual deviation problems. (*Marriage and Family Living, March,* 1953.)

WOMEN of higher intelligence (correlating with higher social status) were found to be more careful in planning their first pregnancy and in adjusting to it, and they are more eager to breast-feed the baby, according to a study of 401 pregnant women who were chosen at random. (*Eugenics Review,* September, 1953.)

NEW BOOKS IN BRIEF REVIEW

ANSWER TO JOB, by C. G. Jung. Pp. 194, price 12/6 from Routledge and Kegan Paul, 68-74 Carter Lane, London E.C.4, England, 1954.

How can a good God countenance the appalling evil apparent in the world today? The great Swiss psychologist tackles this age-old question, but the average reader is not likely to find a simple and satisfying answer in these pages, which by no means represent Jung at his best. He argues that the one-sided development of Christianity is compensated in the visions of the Apocalypse, and now greatly redressed by the new Roman Catholic dogma of the Blessed Virgin Mary which, he thinks, puts her "functionally on a par with Christ" and restores the balance between masculine and feminine. "It leaves Protestantism with the odium of being nothing but a *man's religion",* he declares. "In this respect it is similar to Mithraism, and Mithraism found this prejudice very much to its detriment. Protestantism has obviously not given sufficient attention to the signs of the times which point to the equality of women." The translation by R. F. C. Hull has done as well as anyone could ask by this extremely difficult piece of writing.

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THE EVOLUTION OF LOVE, by Donald Day. Pp. 522 (no index), price $5.95 from the Dial Press, 461 Fourth ave., New York 16, N.Y., 1954.

This "Sixty century history of the relation between the sexes" has little or no scientific value but is evidently put together for popular consumption. It is made up of scraps of erotic and pornographic material from literature, especially from fiction and poetry, with an almost complete disregard of any genuine factual material. The superficiality of the treatment becomes particularly glaring when it reaches modern times, since there are plenty of readers who can themselves remember what was happening in the 1920's, for instance. Dr. Day is the author of a number of books on American folklore, history, and biography.

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DE DONDE-VINE, MAMA? by Lucy W. de Andress. Pp. 75, from Consejo Metodista de Educacion Cristiana, Rivadavia 4044, Buenos Aires, R. Argentina, 1954.

Not for many years has a good treatise on sex education, in the Spanish language, been offered to parents. Mrs. Andress is a missionary of the Disciples of Christ, who spent 10 years in Buenos Aires. She has based her work (well illustrated) on the latest North American sources.

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HAVE-FUN WITH YOUR SON, by Edgar S. Bley. Pp. 124, price $1.50 from Sterling Pub. Co., 215 E. 37th st., New York 16, N.Y., 1954.

Many fathers fail to make their sons a real part of their lives until it is too late. The boy is getting into adolescence when he looks away from home, not toward it. Mr. Bley, curriculum coordinator for the elementary division of the New Lincoln school in New York City, offers "101 things to do with your 6- to 10-year-old boy,"—things that have the advantage of costing nothing. Many of the ideas will apply equally, however, to mothers and daughters, or to any combination of the four ingredients. Quite properly, Mr. Bley emphasizes the impor-

tance of taking the boy into the man's world of work, too. He likewise reminds fathers that they must expect and encourage the boy to go through one stage after another, gradually leaving his father behind and turning to his peers. This is a useful book.

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FACTS OF LIFE FOR CHILDREN, by the Child Study Assn. of America; ed. by Adie Suehsdorf. Pp. p6, price $2.75 from Bobbs-Merrill Co., 724 N. Meridian st., Indianapolis 7, Ind., 1954.

Another valuable addition to the growing list of excellent books on sex education for parents. Emphasis is placed on frankness, honesty, "calling things by their right names", and focusing on human beings instead of beating around the bush in search of bees and butterflies, or even rabbits and puppies. Consistent attempt is made to tie the anatomical and physiological aspects of sex closely to the emotional and spiritual.

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PSYCHIATRY AND COMMON SENSE, by C. S. Bluemel. Pp. 259, price $3 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1954.

Popular discussion along conventional lines, based on the concepts of organization and disorganization of the person. Such a book may tend to make the reader diagnose a lot of symptoms in himself, which he does not have; but it is good education in an extremely important subject, too.

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PSYCHOSURGERY AND THE SELF, by Mary Frances Robinson and Walter Freeman. Pp. 118, available from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1954.

Removal of part of the frontal lobe of the brain has become an important treatment in some cases of mental disease, and occasionally in non-psychotic patients to relieve intolerable pain. What is the effect on the mind? Intelligence does not seem to be affected markedly, but changes in the personality are far-reaching. Psychologist Robinson (St. Joseph, Mo., J.C.) studied 51 patients of psychiatrist Freeman, with suitable controls. Careful tests seemed to show a loss in "self-continuity"; the patients "no longer express grief or embarrassment or remorse for the past or ambitions or fears for the future; they seem to live in the present. They are not much concerned with themselves or other people as persons." A valuable piece of research, that will be of importance mainly to psychologists and psychiatrists.

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THINKING TOGETHER ABOUT MARRIAGE AND THE FAMILY, by William and Mildred Morgan. Pp. 178 (no index), price $3.50 from Association Press, 291 Broadway, New York 7, N.Y., 1955.

Futility of many conventional forms of adult education is coming more and more to be realized. Merely "reading a book" or hearing a lecture is recognized as not sufficient basis for marrying wisely, or staying married successfully. A nationally-known, husband-wife team of teachers and counselors present, in this book, a detailed and thorough plan for more effective education, in college or out. Relying on reference to and brief quotations from standard authorities, they present questions which the student must answer for himself. This procedure is supplemented by suggestions of films and film-strips, recordings, plays, "quickie" skits, sociodramas, role-playing, debates, panel discussions and other techniques which represent the best modern practice. There are abundant and up-to-date lists of other resources. The volume sets a new and high standard in its important field. Dr.

William H. Morgan is associated with Appalachian State Teachers College, Boone, N.C.; Dr. Mildred Morgan with Florida State University.

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MAKE THE MOST OF YOURSELF, by Lee R. Steiner. Pp. 302 (no index), price $3.95 from Prentice-Hall, 79 Fifth ave., New York 11, N.Y., 1954.

Granted that you are interested in some alteration in your personality, Mrs. Steiner says that the question remains, "To what extent can you do it?" She believes that people are capable of tremendous alterations, perhaps not so much in their personalities as in the *use* of their personalities. But this can not be done merely by "reading a book," and Mrs. Steiner (a counselor in private practice in New York City) holds out no hope of easy miracles. Months of steady work are needed; but readers who have the determination to follow through will find correct guidance in her pages. They will start out by inventorying their strengths and weaknesses, then charting their moods, tackling their habits, and clarifying their life-philosophies. She discusses the topics that particularly interest the readers of such books: dreams, the inferiority complex, problems of sex and marriage, loneliness, even the choice of the proper vocation. The book should be widely and helpfully popular.

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FAMILY, MARRIAGE, AND PARENTHOOD, ed. by Howard Becker and Reuben Hill. 2d edition. Pp. 848, price $6.25 from D. C. Heath & Co., Boston 16, Mass., 1955.

With its appearance in 1948, this volume at once became a standard authority, and the present revision brings it up to date, enlarges many aspects, and adds in an appendix three papers critical of the "Kinsey reports," by Harriet R. Mowrer, Manford H. Kuhn, and Joseph K. Folsom. While the 23 authors represent, in general, a sociological point of view, they are claimed to offer "the resources not only of sociology and psychology, but also of genetics, economics, law, religion, medicine, housing, gerontology, and child development."

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HEALTHIER LIVING, by Justus J. Schifferes. Pp. 928, price $6.75 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1955.

Encyclopedic college textbook giving 30% of its space to family living, 20% to mental health, 25% to personal health, and 20% to community health. Illustrations are excellent. Bibliographies are extensive; some of the items badly out of date or surprising choices. Any student who digested the contents and applied the teachings to his own life would certainly be prepared for almost anything he could encounter.

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WIRKSAME FAKTOREN IM LEBEN DES MENSCHEN, by Otmar Frhr. von Verschuer. Pp. 288 (paper covers, no index), from Franz Steiner Verlag, Wiesbaden, Germany, 1954.

Studies of twins, carried on through 25 years, are here described by Dr. Verschuer, one of the leaders in this important field of study and director of the Institute for Human Genetics at the University of Muenster. Comparison of ordinary and identical twins, carried out through careful measurements and observations, reveals the predominant importance of heredity and the relatively slight influence of the environment in many traits. On the other hand, sickness and death are largely unpredictable.

FOR THOSE WHO DEAL WITH YOUNG PEOPLE

The American Institute of Family Relations offers pamphlets and booklets that will help you to answer the questions young people ask, frankly, convincingly, and in the light of modern science. Here are a few selections from the list:

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Simple, popularly written pamphlets to be put in the hands of adolescents:

4. How do you know it's love?
5. Four reasons why girls pet.
26. How do you know you're in love?
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204. Why aren't boys told these things?
304. Your inferiority complex.

Any of the above sent for, each.....10c

An unusual pamphlet for young men in senior high school, in the army, or in industry; equally valuable to their sisters,—a practical discussion of the problems of growing up emotionally, of the place of sex in life before marriage, and of the biological basis of ethical standards:

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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

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THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counseling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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